



Planning Sky-Line Wellness SSD arl Codogno valido dal 10/09/2018

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI		VENERDI											
10.00	60'	GINNASTICA DOLCE Extra abb.	SALA	09.20	60'	PANCAFIT*	SALA	10.00	30'	G&G	SALA	10.00	60'	GINNASTICA DOLCE Extra abb.	SALA	09.20	60'	PANCAFIT*	SALA
SARA			2	ENRICO	1		SARA	2	ENRICO		1								
11.00	60'	GINNASTICA DOLCE Extra abb.	SALA	10.10	50'	TONIFICAZIONE FUNZIONALE	SALA	10.30	30'	STRETCH	SALA	11.00	60'	GINNASTICA DOLCE Extra abb.	SALA	10.10	50'	TOTAL BODY	SALA
SARA			2	TONIFICAZIONE	2		SARA	2	SARA		2	2	SARA		2				
13.00	60'	SUPER JUMP*	SALA	13.00	50'	TONIFICAZIONE	SALA	11.00	60'	TONE UP	SALA	13.00	50'	ABS JUMP*	SALA	13.00	60'	PANCAFIT*	SALA
			2	TONIFICAZIONE	2		SARA	2	MARCELLO		2	1							
17.00	30'	TOTAL BODY CIRCUIT	SALA	16.30	60'	GINNASTICA DOLCE Extra abb.	SALA	13.00	60'	PANCAFIT*	SALA	17.00	50'	WALKING*	SALA	13.00	50'	G.A.G	SALA
DANIELE			2	DANIELE	2		MARCELLO	1	SIMONA		1	2							
17.00	60'	BABY DANCE 3-5 ANNI	SALA	17.00	50'	WALKING*	SALA	16.30	90'	DANZA INTERMEDIO OLTRE 14 ANNI	SALA	17.00	60'	HIP HOP J	SALA	16.30	60'	GINNASTICA DOLCE Extra abb.	SALA
SARA			1	SIMONA	1		SARA	2	NADIA		2	DANIELE	2						
17.30	30'	TONE UP	SALA	17.50	25'	TRX	SALA	17.30	30'	TOTAL BODY CIRCUIT	SALA	18.00	90'	HIP HOP JA	SALA	17.30	30'	G&G JUMP*	SALA
DANIELE			2	SIMONA	2		SIMONA	1	NADIA		2	SIMONA	2						
18.00	60'	DANZA PROPEDEUTICA 6-8 ANNI	SALA	18.30	30'	HSE	SALA	18.00	30'	ABDOMINAL	SALA	17.50	50'	PILATES	SALA	18.00	30'	ONE KOR ABDOMINAL	SALA
SARA			1	DANIELE	2		SIMONA	2	SIMONA		2	SIMONA	1		DANIELE	2			
18.00	25'	ABDOMINAL STRONG By ZUMBA	SALA	19.00	50'	ONE KOR SKULPT	SALA	18.00	60'	KICK BOXING JUNIOR	SALA	18.50	60'	SPINNING*	SALA	18.00	30'	TOTAL BODY CIRCUIT	SALA
DANIELE			2	DANIELE	2		EXTRA ABB.	1	PIETRO		1	SIMONA	1						
18.25	25'	G&G STRONG By ZUMBA	SALA	18.50	60'	SPINNING*	SALA	18.30	30'	TONE UP	SALA	19.30	90'	HIP HOP	SALA	18.30	25	CROSSCARDIO CARDIO	SALA
DANIELE			2	PIETRO	1		SIMONA	2	NADIA		2	DANIELE	2						
18.50	50'	SUPER JUMP*	SALA	20.10	50'	PANCAFIT*	SALA	19.00	50'	G.A.G JUMP*	SALA	21.00-22.00	BALLI	SALA	18.55	25	CROSSCARDIO WOD	SALA	
SIMONA			2	MARCELLO	1		SIMONA	1	EXTRA ABB.		2	DANIELE		2					
18.50	50'	ONE KOR NRG	SALA	20.30-22.30	BALLI	SALA	19.30	90'	KICK BOXING AGONISTI	SALA			19.30	90'	KICK BOXING AGONISTI	SALA			
DANIELE			1	EXTRA ABB.		2	EXTRA ABB.	2		EXTRA ABB.			2						
20.00	60'	KICK BOXING DILETTANTI	SALA				21.00-23.00	BALLI	SALA										
EXTRA ABB.			1				EXTRA ABB.		2										

(*) Corsi da prenotare

Super Jump da ottobre
Extra abbonamento

SABATO

14.00	90'	KICK BOXING DILETTANTI	SALA	15.30	60'	KICK BOXING JUNIOR	SALA	15.00	60'	SPINNING*	SALA
EXTRA ABB.			2	EXTRA ABB.	2		PIETRO	1			

NUOVI CORSI !!!!!